

## Maryland

### Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases

<p style="text-align: center;"><b>The Epidemic</b></p> <p>58% of Maryland adults are overweight or obese. (CDC BRFSS, 2002)</p> <p>29% of low-income children between two and five years of age in Maryland are overweight or at risk for overweight. (CDC PedNSS, 2002)</p> <p>The obesity rate among Maryland adults increased by 62% from 1990 to 2002. (CDC BRFSS, 2002)</p>	<p style="text-align: center;"><b>Program Priorities</b></p> <p>In its first year of funding, Maryland is focusing on capacity building and recruitment of partners in preparation for development of the state plan. Presentations on the obesity prevention and control program and the plan development process are being made to a wide variety of interested agencies and organizations.</p> <p>A surveillance group on overweight children has been working to gather Body Mass Index data from the EPSDT and WIC programs. The group is considering questions related to nutrition, physical activity, and weight status that may be added to the Maryland Youth Tobacco Survey. Questions also will be added to the next Maryland Behavioral Risk Factor Survey to get parent-reported height and weight of children.</p> <p>The <i>Childhood Overweight Work Group Report</i>, published in November 2002, will serve as a starting point for development of the state plan. The report is a set of recommendations created using a facilitated group process with 50 individuals and groups from around the state.</p>
<p style="text-align: center;"><b>Notable Partners</b></p> <p style="text-align: center;">American Cancer Society Diabetes Control Program Division of Cardiovascular Health Maryland Action For Healthy Kids Maryland Advisory Council on Physical Fitness Maryland Department of Education Maryland Cooperative Extension Service School-Based Health Center Initiative School Health Interdisciplinary Program</p>	<p style="text-align: center;">Project period: 2003–2008 Year first funded: 2003 Funding stage: Capacity building Contact Person: Lorraine Smith, MA Chief of Preventive Health Programs Maryland Dept. of Health and Mental Hygiene Phone: 410-767-5874 Fax: 410-333-5030 E-mail: <a href="mailto:smithl@dhmh.state.md.us">smithl@dhmh.state.md.us</a></p>
<p style="text-align: center;"><b>Upcoming Events and Products</b></p> <ul style="list-style-type: none"> <li>➤ Training for <i>JumpSmart</i>, an after school jump roping intervention</li> <li>➤ A national meeting on walking in conjunction with the National Congress of Pedestrian Advocates</li> <li>➤ A Disseminating Physical Activity Recommendations workshop</li> <li>➤ A program Web site</li> </ul>	



Last updated: 12/17/03  
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